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HEALTH OFFICE,

No. 19 FORT STREET.

Los Angeles, Cal., May 19, 1879.

TO THE PUBLIC:

A malignant type of Scarlet Fever is prevailing in different parts of the country; our city is free at the present time, but it will be almost impossible for it to entirely escape the disease. I have prepared the following instructions for that portion of the public that does not make sanitary matters a special study. Every parent, especially, should heed these directions. The following rules apply equally to Diphtheria.

Very Respectfully,

WALTER LINDLEY, M. D.,

Health Officer.

We, the undersigned, practicing physicians in the city of Los Angeles, heartily recommend the following suggestions to the public. The importance of the precautions indicated cannot be exaggerated.

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Rules for the Sanitary Treatment of Scarlet Fever and Diphtheria :

Scarlet Fever and Diphtheria are like Small Pox in their power to spread rapidly from person to person; they are *highly contagious*. Scarlet Fever and Scarlatina are one and the same thing; Canker Rash and Rash Fever are other names for the same disease.

When Scarlet Fever or Diphtheria occurs, the sick person, child or adult, should be placed in a room apart from the other inmates of the house, and should be nursed by as few persons as possible.

The sick room should be comfortably warm, exposed to sunlight and *well aired*; at the commencement of the sickness only such furniture, bedding, clothes, etc., as are absolutely necessary should be left in the room; carpets and window curtains should especially be removed, as the germs of disease find a lodgment in them and are difficult to displace. The family should not mingle with other people. Visitors should be warned of the presence of a dangerous disease in the house, and no one should be admitted.

The clothing and bedding of nurse and patient should be frequently changed, and after being moistened with a solution of Carbolic Acid, placed in boiling water for one hour. No other clothing or bedding should be washed at the same time with that which is infected.

The clothing and bedding while in use, and the carpets, floors, walls and ceilings and the halls of the house should be sprinkled once or twice a day during sickness and convalescence with a solution of Carbolic Acid. A solution of Carbolic Acid, well adapted to all such uses, is sold by most druggists, and may be easily made by shaking together in a bottle the impure Carbolic Acid and water in the proportion of a teaspoonful of the Carbolic Acid to a pint of water. This is best applied with a sprinkler, but may be well applied by dipping the end of a common dust brush into the solution contained in a dinner plate, and throwing it off the brush on bedding, carpets, walls, etc.

Whenever any child in your family is taken sick with Scarlet Fever or Diphtheria, *such child, and all other children residing in the house*, must be kept from school from the commencement of the disease until all possible danger of communicating it to others has passed.

On recovery from Scarlet Fever the sick person should not mingle with others until all roughness of the skin shall have disappeared, as the scales from the skin carry the disease; at *least six weeks* is considered a proper period during which such isolation is necessary. In Diphtheria the patient should remain isolated until the physician states him to be free from the disease.

When the patient has recovered the ceiling and walls should be whitened. The floor should be washed with soap and hot water, and Carbolic Acid added to the water (one pint to three gallons).

For the purpose of fumigation the windows and doors of the room and the fire-place should be tightly closed. Everything that was in the room during the sickness should be left in it. If the carpet was not removed it should be taken up and raised as far as possible from the floor on chairs or in any other manner; one board of the floor should be taken up.

An iron kettle should then be raised from the floor on bricks, and five pounds of roll sulphur placed therein; upon this four ounces of alcohol are to be poured and set on fire. Every one must withdraw from the room, as the fumes are poisonous.

The precautions taken with the carpet and the removal of the board from the floor allow the fumes of the burning sulphur to pass beneath the floor and between the walls, and to destroy any germs of disease which may be there. At the expiration of ten hours, not before, the room may be opened. All the windows, doors, and the fire-place should remain open for twenty-four hours, that everything may be well aired; the room is then ready for occupation.

In the cleansing of clothing and the fumigation every article which could possibly have been infected should be included, as even soiled handkerchiefs may communicate the disease. Should a second case occur, the entire house should be fumigated as above directed.

The occurrence of Diphtheria or Scarlet Fever in a house should lead to an immediate inspection of all possible sources of contagion.

Within the house: Trace to its source every foul smell, whether from obstructed or leaking soil pipes, from water-closets and waste-pipes imperfectly trapped or defective at the joints; from cellar-air tainted by forgotten and decomposing "rubbish," or from apartments filthy, overcrowded and poorly ventilated.

In the yard: Remove all filth and decomposing substances; clean and disinfect foul-smelling privies, cesspools and cisterns; clean and fill disused cesspools and privies. The latter are very numerous in this city and an especial source of danger.

Privies, Water-Closets, Drains, Sewers, Gutters, Collections of Decomposing Matters, etc., may be disinfected by the following solution: To ten gallons of boiling water, add ten pounds of Sulphate of Iron (Copperas) and one pint of Crude or impure Carbolic Acid, and mix thoroughly. This solution will cost ten cents a gallon—less per barrel. The material can be purchased of druggists and grocers.

To prevent infection of water-closets and privies, and to destroy odor, pour the solution into the pan or vault three or four times a day, at the rate of one pint for every four persons. Keep a little of this solution in the chamber vessel used by the sick.

Put your own premises in good condition at once; if your neighbor fails to do likewise, inform the Health Officer.

There should be *no public funeral* of persons dying of Scarlet Fever or Diphtheria.

N. B.—PRESERVE THIS CIRCULAR.

LOS ANGELES, May 19, 1879.

We, the undersigned, members of the Board of Health of the city of Los Angeles, appreciating the importance of the foregoing suggestions, hereby order their publication and distribution in circular form.

J. R. TOBERMAN,

Chairman Board of Health.

S. J. BECK.

JESSEE H. BUTLER.

JOHN BOBENRIETH.